

MEMBERSHIP APPLICATION



Please indicate Membership type:

- () Individual Member (\$8)
- () Organisational Member (\$40)
- () I /we wish to make a financial contribution in support of RDCOTA (\$)

NAME: (Individual or Organisation)

.....

ADDRESS:.....

.....P/code.....

TELEPHONE:

MOBILE:

Email:

TOTAL: \$.....

Please remit to: RDCOTA,
P.O. Box 1051,
Cleveland Qld. 4163

Thank you for your support.

Seniors Month

RDCOTA has been coordinating Seniors Week in the Redlands since the 1980's. From August 2020, we will be celebrating Seniors Month. The month-long program of events will be developed in consultation with Redlands seniors organisations and groups. Many events on the program are free of charge or provided at a small fee. RDCOTA hosts the very popular seniors walk each year.

Volunteers Welcome

RDCOTA is entirely reliant on volunteers to provide its services to the Redlands community. New volunteers are always needed. If you are looking for a volunteering opportunity please contact us on 3488 0680

Redland District Committee on the Ageing Inc

P.O. Box 1051, Cleveland, Qld. 4163

Street Address:

57 Wynyard Street,
CLEVELAND Qld. 4163.

Office hours are 9.30am to 2.30pm—5 days

Phone: 3488 0680

Email: seniors@rdcota.org.au

Website: www.rdcota.org.au

Redland District Committee on the Ageing Inc

RDCOTA



RDCOTA works in the Redland community to ensure that our senior residents enjoy full and satisfying lives, whether they live independently in the community or in one of our many care or retirement facilities.

50th Anniversary
The Founding of



RDCOTA PROGRAMS 2020

Seniors Information Plus (SIP)

Our SIP volunteers assist with requests for information on a wide range of seniors issues including questions about aged care, government concessions, transport facilities in the Redlands, local services or social activities for seniors and their carers. We also help with access to government on-line forms and services if required.

This free information and referral service is available by phone, internet, or face-to-face from our office in Cleveland on weekdays or Tuesday morning in Macleay Island Progress Hall.

Men's Morning Tea

Specially for men ... take a break and meet at the RDCOTA office every Friday between 9.30am and 12 noon. There's no formality and no agenda. It's just a good opportunity for the blokes to have a cuppa and a chat. There is no charge for this activity.

RDCOTA PROGRAMS 2020

Technology Tutorials for Seniors

Volunteer tutors provide one-on-one tuition on most technology devices including smart phones, tablets and computers. Tutors can assist with specific enquiries. There is no limit on the number of tutorials for each student. Phone RDCOTA for an appointment. A gold coin donation is appreciated. Available at Cleveland, Macleay Island and Russell Island

CHIT CHAT

Capalaba and Victoria Point

RDCOTA volunteers conduct social morning teas for seniors at:

Capalaba Library Art Space on the **first** and **third** Thursday of each month from 9:30-11:30am.

Victoria Point Library on the **second** and **fourth** Friday each month from 9.30am to 11am.

All seniors are welcome to drop in. Bookings are not required. While selecting a book, take time out for a chat & a cuppa. A gold coin donation is appreciated.

RDCOTA PROGRAMS 2020

Tournament of the Minds

This is a program conducted by RDCOTA volunteers in Aged Care Facilities within the Redlands. It takes the format of a social morning tea and trivia quiz. The program provides an opportunity for residents to visit other facilities, meet new people and challenge their minds with general knowledge questions. New participants are always welcome.

Redlands Seniors Network

The network provides excellent opportunities for cooperation and information sharing among Redlands organisations and service providers who are concerned with seniors issues.



RDCOTA coordinates the network which meets monthly at the Donald Simpson Community Centre. If your organization is interested in participating, contact 34880680 for further information.